

Harper lends a hand to Haiti



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HALIFAX • TUESDAY, FEBRUARY 16, 2010

metro

61 feet of Solitude for Tiger pg 18



Mounties probe death of dog

GUYSBOROUGH RCMP are investigating the disappearance and death of a dog in Ecum Secum. The Mounties said yesterday that a terrier-chow mix by the name of Dusty recently went missing from his home on Highway 7.

They said the dog's owner found the animal's remains in the woods behind his house on Friday.

The remains had been wrapped and buried. There have been no arrests.

THE CANADIAN PRESS

News on the Move

What's this barcode for? Learn how to scan the barcode with the instructions at the top of pg 3



Food pg 12

Gumbo for Mardi Gras

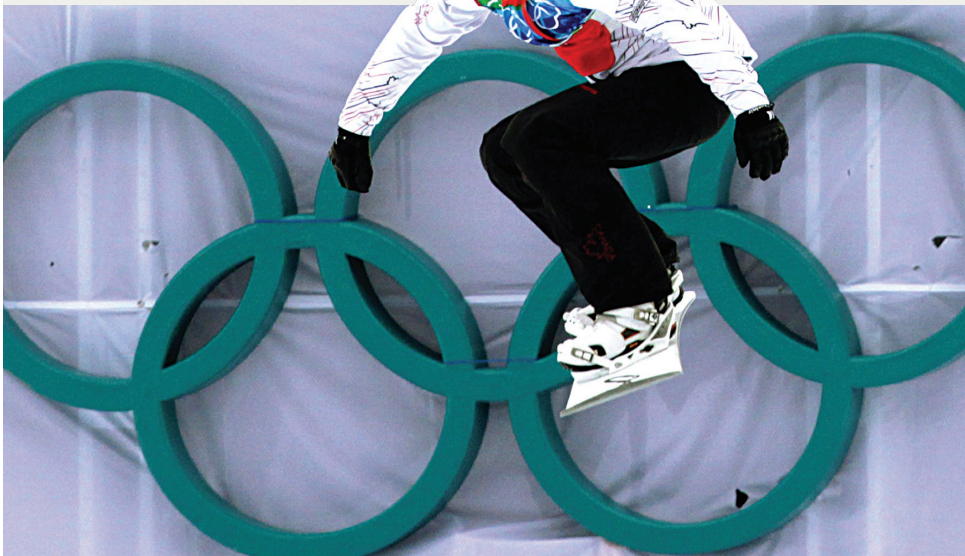
Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.

• Today — Brodeur ready to stand on guard in Canadian goal, page 10

On the web Visit metronews.ca for news updates

Olympics Striking silver



Mike Robertson, of Canmore, Alta., soars past Olympic rings during the men's snowboard cross action yesterday at the 2010 Vancouver Olympic Winter Games at Cypress Mountain. Robertson went on to win the silver medal. More coverage, pages 10 and 11

Longing for snow

HRM students bemoan lack of weather cancellations this school year

MONIQUE MUISE
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It's the announcement every kid waits for during the winter months.

When it finally comes, the ever-elusive snow day is a thing of pure joy for students — a precious 24 hours spent away from the classroom, jumping into newly formed snowbanks or flying down white-washed hills on a Crazy Carpet.

Winter in Nova Scotia normally holds the promise of at least one or two such days between October and March, but this season has

Storm headed our way

• HRSB may face its first tough call of the season tomorrow. An overnight storm is expected to dump 15 cm of snow on the municipality before dawn. "We'll make the decision

early," spokesman Doug Hadley said. "We try to have all the information gathered prior to 6 a.m., so our decision can be made and communicated at that time."

But according to Halifax Regional School Board spokesman Doug Hadley, not everyone is complaining. "I'm sure some people

look forward to (snow days), but there are thousands of parents who are probably happy that we haven't had any," Hadley said. "It can be pretty inconvenient."

The last time the HRSB went an entire winter without a snow day was during the 1998-99 school year. Hadley said despite the fact that single-day cancellations are not overly disruptive to the learning process, the decision to keep students home is never taken lightly.

HRSB has been keeping track of snow stats since 1997. Prior to that there were three separate boards that did it within HRM.

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Crosby pain free at Games

HOCKEY A flash of fear went through Sidney Crosby's eyes as pain shot through his leg only hours before he was to leave for his first Olympic Games.

But the 22-year-old Cole Harbour scoring star who carries much of Canada's hockey gold medal hopes into the 2010 Games was all smiles about it yesterday after a pain-free skate at Canada Hockey Place.

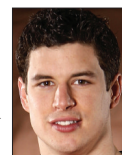
Only hours before the Pittsburgh Penguins captain boarded his plane for Vancouver on Sunday, he was struck on the right leg by a Kevin Klein shot seven minutes into the second period of a 4-3 loss to Nashville.

For an anxious moment, Crosby and the hockey world wondered if he'd be able to make the trip at all, but he went to bench and waited it out. In the end, he didn't miss a shift.

"It hurt," Crosby said with a grin. "It stung for a while."

Crosby, who has taken up residence in the Athletes Village with his teammates, was excited as he and the rest of Canada's squad went through their one and only pre-Olympic workout before preliminary round play begins tonight against Norway.

Crosby skated on a line in practice yesterday with Rick Nash and Patrice Bergeron.



Sidney Crosby

THE CANADIAN PRESS

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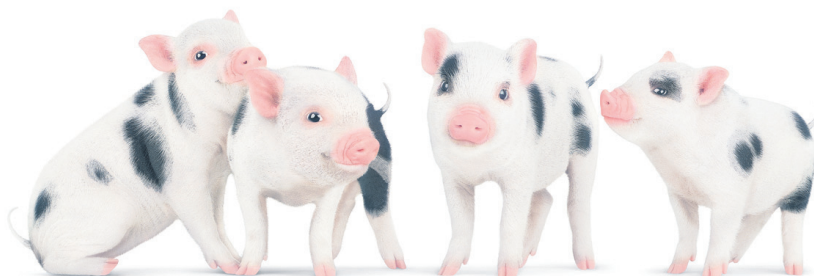
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Province short on holidays: MLA

 MONIQUE MUISE
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Nova Scotians are being short-changed when it comes to statutory holidays, one opposition MLA said yesterday.

For the fifth year in a row, Liberal MLA Diana Whalen is asking the provincial government to follow several other jurisdictions in Canada and introduce a long weekend in February.

Four other provinces — Manitoba, Saskatchewan, Ontario and P.E.I. — currently celebrate some form

of holiday on the third Monday in the month.

"Those provinces that have this long weekend all have wonderful winter carnivals and community events that spring up around the fact that this is a long weekend," Whalen said.

"It's something that encourages community and family life."

There are currently five federally mandated statutory holidays in Nova Scotia — the lowest number in any Canadian province. In contrast, Saskatchewan boasts 10, P.E.I. and New Brunswick have seven, and



"Those provinces that have this long weekend all have wonderful winter carnivals and community events ... It's something that encourages community and family life."

Liberal MLA Diana Whalen

Newfoundland and Labrador have six.

"The average is eight," Whalen said. "So, I'm going to keep pushing every year."

Whalen said she sent a letter to Premier Darrell Dexter on Friday asking his government support the creation of the holiday,

to be dubbed Joseph Howe Day.

"The NDP have always been very non-committal about it," she said.

"There's been no real statement about it in past years ... but the time has come for a government that will be more progressive."

According to Bill Grant, director of labour standards in the Department of Labour and Workforce Development, the support of the Dexter government would mean the holiday could be introduced as early as next year.

"There's no reason why that couldn't happen," Grant said. "It's doable from a legal and administrative perspective, but ... one thing that we'd advise for any changes to labour standards is some public consultation to talk with some employers and employees. As always, these things are a balancing act."

Couple killed in overnight house fire in Sydney Mines

BLAZE A quiet Sydney Mines neighbourhood has been rocked by the death of two of their own in a devastating fire, despite the valiant efforts of a neighbour to save them.

Joseph and Maureen MacIntyre, both 55, died in the blaze.

Officials were called to a home on Church Street at around 12:10 a.m. yesterday. When police arrived a large amount of smoke was coming from the home. A 28-year-old man, who was suffering from burns, told police his parents were still inside.

Firefighters were able to enter the home and locate the man's parents. Both were rushed to the hospital where they later died.

According to neigh-



Deputy fire Marshall Vince Penny and fire Chief John Nugent check the exterior of a home where two people lost their lives in an early morning fire yesterday in Sydney Mines.

bours, a second son was working backshift and

wasn't home at the time. Two family pets, a dog

and cat also died. Travis Pye, who lives in a

trailer next to the home was awakened by a couple of loud bangs.

"I got clothes on, ran out and kicked the door in. I put a wet towel around my head," he said in a hoarse voice. "I got halfway up the stairs, but I couldn't make it. I dropped going up the stairs. I tried my best, there was nothing I could do, there was nothing but smoke, it burned my lungs."

Deputy Fire Marshall Vince Penny said the fire was accidental: "We believe the fire to be of electrical origin, the result of misuse of extension cords, buzz (power) bars and appliances plugged into it all located below a plastic hamper full of clothing," he said. **CAPE BRETON POST**

metronews.ca

WHAT'S ONLINE TODAY

Video Canadian helicopters touch down in a Taliban stronghold for the largest air assault of the nine-year Afghan war at metronews.ca/world

Video Olympic figure skaters on the potential for humiliation found in the post-slate 'kiss and cry' camera shot at metronews.ca/canada

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Man found guilty in 2007 beating murder

VERDICT A Dartmouth man has been found guilty of murder in the 2007 beating death of Philip Love.

The jury hearing the Nova Scotia Supreme Court case found Shane Ward, 35, guilty yesterday of second-degree murder. He was also found guilty of assault with a weapon and possession of a weapon for a dangerous purpose.

Love, also from Dartmouth, was beaten with a baseball bat inside his home on Byron Crescent on Jan. 8, 2007.

He died a week later in hospital after suffering serious head injuries.

Police allege Ward and Love were fighting inside the home.

Ward's brother Matthew, 34, faced the same three

charges, but was only found guilty of assault.

Shane is facing an automatic life sentence for the murder conviction, with parole eligibility anywhere between 10 and 25 years. He will be sentenced on April 1.

Matthew has been sentenced to time served, along with various parole conditions. **METRO HALIFAX**

News in brief

WAGES The minimum wage is going up in Nova Scotia. As of April 1, the hourly wage will rise to \$9.20 — a 6.9 per cent increase from current rate of \$8.60. The next scheduled increase will occur Oct. 1, result-

ing in a 4.8 per cent increase to \$9.65 per hour. Meanwhile, the minimum wage for workers with less than three months experience will rise to \$8.70 an hour from \$8.10. Labour Minister Marilyn More

says the increases — the final two in a three-year schedule started in 2008 — are necessary because minimum-wage workers should benefit from the economic recovery now underway. **THE CANADIAN PRESS**



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Halifax RCMP is investigating the theft of a 16-foot aluminum boat and two outboard motors in Sheet Harbour. Police say the boat, which had been secured to a private dock, was stolen from a residence on Pool Road. Police do not have any suspects in custody. **METRO HALIFAX**

No more free ride for MLAs: Auditor

All parties support forensic audit on transactions, set to be filed within weeks

PAUL MCLEOD
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Nova Scotia MLAs had 15 years to spend money without scrutiny. Auditor general Jacques Lapointe doubts that will ever happen again.

Lapointe admits he's surprised by the massive fall-out from his report two weeks ago on MLA expenses. His audit examined spending from 2006-09, but it had been 15 years since the Speaker's office was last investigated.

"Over the years it just simply wouldn't have come up. There were other priorities that were greater at the time," Lapointe told Metro yesterday. "I don't think that will ever happen again."

Lapointe and his staff put out two reports a year — encompassing as many as 12 audits. Because gov-

"Over the years it just simply wouldn't have come up."

Auditor general
Jacques Lapointe

ernment is too large to go through everything, they try to plan their audits based on "where can we make a difference, where is the greatest risk that there are weaknesses."

Eventually they looked at the Speaker's office and realized there were questions around expenditures that warranted investigation. That subsequent report had an explosive impact on provincial politics, leading to the resignation of one MLA and the embarrassment of many others. Now Lapointe is conducting a forensic audit looking at whether any transac-

tions involve criminality. He hopes to file his report in a matter of weeks.

So far all three parties have expressed support.

"We're more than willing to co-operate in providing any information that may assist in the process," said Tory MLA and former speaker Cecil Clarke.

Clarke said the forensic audit has MLAs wondering whether they are under investigation, but he respects Lapointe's decision to keep quiet on the details and not say who is being looked at.

Liberal Leader Stephen McNeil said the government shouldn't wait until the next auditor general's report — or a separate report by former speaker Art Donahoe — before making changes. He said some obvious moves could be made immediately, such as requiring receipts for all MLA spending.



MLA Cecil Clarke, left, and colleagues Alfie Macleod, Chris d'Entremont, Chuck Porter and party leader Karen Casey look over the list of MLA expenses at Province House last week. Clarke says the Tories support auditor general Jacques Lapointe's decision to conduct a forensic audit into MLA expenses.

Black won't return despite scandal 11 arrested for DUI in Halifax, Colchester

PAUL MCLEOD
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POLITICS Halifax businessman Bill Black says the expense scandal made it hard for him to turn down a run at the Tory leadership.

Black, 59, announced Sunday he would not seek the Progressive Conservative leadership this fall because he believes it would be an eight- to 12-year commitment, which is too much for him at this point.

But the recent anger over MLA expenses made a comeback tempting.

"If anything it made the decision a little harder because I think I could have



"If anything (the scandal) made the decision a little harder because I think I could have helped."

Bill Black

helped," said Black.

"That's the kind of thing I would have liked to address."

It's not just expenses. Black said he wishes voters would turn their focus to MLA pensions.

"If people understood how much those pensions are costing it'd make all this expense stuff look like a rounding error," he said.

"They're much too high. They're two and a half times what civil servants get and the civil ser-

vants otherwise have the richest plan in the province."

Black has a particular interest in pensions as he led the province's pension review panel.

Black finished second to Rodney MacDonald for the P.C. leadership in 2006 and lost his Halifax seat to the NDP's Leonard Preyra later in the year. He was rumoured to be a strong contender heading into the Tory leadership convention this October in Halifax.

Coming so close last time made it tough to out back now.

"If I told you it was an easy choice I'd be fibbing, because it was a very difficult choice," he said.

But Black said aside from the time, running for the leadership would take away from his other commitments.

Black is involved with various boards and groups such as Symphony Nova Scotia, Dalhousie University and the Bank of Canada.

He's also started the policy discussion website newstartns.ca.

ShareYourViews

halifaxletters@metronews.ca

PHILIP CROUCHER
philip.croucher@metronews.ca

IMPAIRED The message to not drink and drive continues to seemingly go unnoticed by some.

Halifax RCMP say they charged four people over the weekend with impaired driving offences, while an impaired driving stop done by Colchester RCMP netted seven arrests on Friday and Saturday night.

In HRM, RCMP arrested a 39-year-old man with impaired operation of a motor vehicle after police say there was a two-car collision at the corner of Martin Lake Drive and Highway No. 7 in Lake Echo at about 7:15 p.m. on Friday.

Then in the early morning hours Saturday, police allege a man driving ATV fled police and lost control of his vehicle on Kinsack Road in Beaver Bank.

Police have charged the 27-year-old driver with flight from police and im-

paired driving.

Also early Saturday morning, police say a 20-year-old man hit a tree after fishing-tailing his pickup truck on Highway No. 7 and Station Road in Porters Lake.

Police allege the driver fled on foot but a K-9 unit located him on nearby Meadow Drive.

He's been charged with impaired driving and driving while disqualified.

Finally, police say at 4:30 a.m. Sunday, a driver whose vehicle was hit by another vehicle in a parking lot in Bedford followed the suspect to Lower Sackville and called police.

The RCMP say a 27-year-old man was arrested near Beaver Bank road a short time later and is now facing several charges, including impaired driving and possession of a prohibited weapon.



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New flight service for Yarmouth

CHARTER An American-based air charter company will begin running a scheduled passenger service between Yarmouth and Portland, Maine starting next month.

Twin Cities Air Service of Auburn, Maine has been flying since 1992 and is licensed to serve the U.S.,

Canada, the Caribbean, and Central America.

An official announcement is expected shortly.

The company will use a seven-seat Cessna for its new service, which will operate at least four days a week beginning Mar. 8.

THE CANADIAN PRESS

News in brief

THEFT The Cape Breton Regional Police are investigating after money was stolen from the Whitney Pier legion overnight yesterday. Police say they responded to an alarm call at the legion around 2:30 a.m. yesterday and found a

side window had been broken. After entering the building, police determined that someone had broken into the legion office and stolen what they described as a large amount of money.

ILLEGAL CIGARETTES A Nova

Scotia man has received a large fine for possessing illegal cigarettes. Fifty-two-year-old Richard Lee White of Yarmouth County was fined \$335,000 under the provincial Revenue Act and the federal Excise Act. White was arrested following a

routine traffic stop near Maitland in March 2008. Police found 50 cases containing 500,000 illegal smokes in his cube van. White's lawyer says it will take his client years to pay off the fine.

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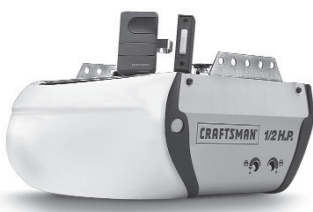
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Members of Quebec's media are raking the CEO of the Vancouver Games over the coals for the perceived lack of French at the opening ceremonies. The issue has irked some of the Quebec public, and Premier Jean Charest and federal heritage Minister James Moore have both said there wasn't enough French content at the Friday night spectacle that kicked off the Games. **THE CANADIAN PRESS**

French furor over bilingual Games content

Canada/World



Prime Minister Stephen Harper shakes hands with Haitian Prime Minister Jean-Max Bellerive, left, as President Rene Preval, centre, looks on as they begin a bilateral meeting at the airport outside the Haitian capital of Port-au-Prince yesterday.

Harper visits Haiti

PM announces \$12M for government base

Haiti Crisis

Canada will help the Haitian government get back on its feet by building an administrative base to replace a number of smashed buildings in the country's shattered capital.

During a visit to Haiti, Prime Minister Stephen Harper announced yesterday that Canada would spend up to \$12 million to create a temporary facility to house government departments and civil servants.

A number of Haitian government buildings have been reduced to rub-

First to show up

• The prime minister is the first G20 leader to visit Haiti since the earthquake, following the heads of several neighbouring countries who have already made the trip.

ble, from the presidential palace to the tax department and the education ministry.

Workers have been trying to salvage any scraps of paper documents while crews remove bodies and bulldozers demolish what's left of the condemned buildings.

The Canadian-funded base will include soft-covered tents and hard-

shelled temporary buildings. It is expected to be up and running for up to a year, and construction will start once the Haitian government chooses a location.

"(This is) an important step toward recovery and reconstruction," Harper said.

The prime minister plans to get a glimpse of Canadian aid efforts, assess longer-term needs, and stress the message that Canada is in Haiti for the long haul.

The Canadian military and civilian volunteers have been providing clean water, food, security and medical care since the Jan. 12 earthquake.

THE CANADIAN PRESS

News in brief

COURTS Disgraced financial adviser Earl Jones received an 11-year sentence for orchestrating a massive fraud scheme yesterday, and the judgment was even more severe from the people who use to love him. "He can rot in hell," said Bevan Jones, who came to the courthouse to watch his sibling get sent away. **THE CANADIAN PRESS**

metronews.ca



The Simpsons' curling adventure is a big hit with the oft-ignored sports Olympians in Vancouver. Scan this code for the story.

'Black Bloc' makes presence known

VANCOUVER 2010 Games

PROTESTS They go by the name Black Bloc, but even the masked, black-clad protesters who trashed store windows during an anti-Olympic march on the weekend wouldn't call themselves an organization.

The self-appointed "ninjas" of the anarchist movement have been a factor in European radical

politics for decades but appeared spectacularly on the radar in North America during the 1999 World Trade Organization ministerial meeting in Seattle.

Police cracked down hard and a peaceful march and blockade by 50,000 anti-globalization protesters degenerated in a cloud of tear gas and pepper spray.

With no structure and no purported leaders, they're maddeningly hard for authorities to pin down. **THE CANADIAN PRESS**

Several dead after Belgian commuter trains collide

A rush-hour commuter train sped through a red signal and slammed into an oncoming train as it left a suburban Brussels station in Belgium yesterday, killing at least 18 people and disrupting rail traffic in northern Europe.

Investigations into one of the worst accidents on the Belgian rails were likely to focus on whether human error was responsible or if it could have been influenced by the persistently freezing temperatures that

have iced up the European capital.

Officials said 80 people were injured, 20 of them seriously, and the death toll — 15 men and three women — was not considered final. As darkness fell more than 10 hours later, rescuers were still looking for victims in the wreckage, said Jos Colpin, the spokesman for the federal prosecutor's office.

The trains, carrying a total of about 300 passengers, collided in light snow during the morning rush.

The impact peeled away the front of one train car and threw at least one other off the tracks, severing the limbs of some passengers, witnesses and officials said. One engine was thrust high into the air and snapped overhead power lines.

"When we came out we saw dead bodies lying next to the tracks, some mutilated," said Patricia Lallemand, 40, who was in a middle car of one train and was unhurt.

THE ASSOCIATED PRESS

Troops in Afghanistan say they are handicapped by rules of engagement

AFGHANISTAN Some U.S. and Afghan troops say they're fighting the latest offensive in Afghanistan with a handicap — strict rules that routinely force them to hold their fire.

Although details of the new guidelines are classified to keep insurgents from reading them, troops say the Taliban are keenly aware of the restrictions.

"I understand the reason behind it, but it's so hard to fight a war like this," said Lance Cpl. Travis Anderson, 20. "They're using our rules of engagement against us," he said, adding that his pla-

Accident

• NATO said five civilians were accidentally killed by an airstrike yesterday when they were mistakenly believed to have been planting roadside bombs in Kandahar province, east of the Marjah offensive.

toon had repeatedly seen men drop their guns into ditches and walk away to blend in with civilians.

If a man emerges from a Taliban hideout after shooting erupts, U.S. troops say they cannot fire at him

if he is not seen carrying a weapon — or if they did not personally watch him drop one.

What this means, some contend, is that a militant can fire at them, then set aside his weapon and walk freely out of a compound, possibly toward a weapons cache in another location.

NATO and Afghan military officials say killing militants is not the goal of a three-day-old attack to take control of the Taliban stronghold of Marjah. More important is to win public support.

THE ASSOCIATED PRESS

India Military hardware for sale



Exhibitors look at an armoured vehicle at the Defense Expo in New Delhi yesterday. As many as 650 companies from more than 35 countries are exhibitors at the largest arms fair in Asia as India plans to spend billions to upgrade its military hardware.

News in brief

POLAND The story of Baltic, the Polish dog rescued from an ice sheet at sea, has struck a chord worldwide. The seagoing pooch is being bombarded with e-mails, and one family drove 500 kilometres in the false hope he was theirs. Baltic was rescued Jan. 25 after a ship's crew spotted him floating 25 kilometres from land, trapped on an ice floe. It's not clear where the dog's journey began but he was seen two days before his rescue floating down a river inland.

DUBAI Police said yesterday an 11-member hit squad with European passports was responsible for the killing of a Hamas commander last month and released their photos, names, and passport numbers. Lt. Gen. Dhahi Khalfan Tamim did not implicate Israel, as the Islamic militant group has.

THE ASSOCIATED PRESS

World nearing 5 billion mobile phones

The number of mobile phone subscriptions worldwide has reached 4.6 billion and is expected to increase to five billion this year, the United Nations' telecommunications agency said yesterday. **THE CANADIAN PRESS**



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EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Freestyle skier Alexandre Bilodeau, left, celebrated at the McDonald's at the Olympic press centre within hours of winning Canada's first gold medal on Canadian soil.

Bilodeau win is marketing gold

Even before Alexandre Bilodeau had Canada's first home-made gold medal slung around his neck last night, the country's newest Olympic hero was already garnering serious attention from Canadian companies eager to attach their brands to his historic feat.

Just hours after his win in freestyle moguls Sunday, Bilodeau celebrated with a trip to a local McDonald's, scarfing down a Big Mac and fries after posing for a publicity shot with grinning members of the restaurant's counter staff.

Winning a medal — par-

ticularly one with the significance attached to Canada's first ever Olympic gold won on Canadian soil — will likely lead to more opportunities for the 22-year-old skier to partner up with Corporate Canada.

For Bilodeau, accolades and tributes began to rain down on the moguls skier almost as soon as he had posted the win.

The Royal Canadian Mint and Canada Post stepped up quickly to honour the Quebecer's victory with the immediate release of gold medal commemorative coins and stamps, though they didn't

mention the skier by name.

Russell Reimer, a managing partner at Agenda Sport Marketing, said Bilodeau could become a millionaire in his lifetime from corporate gigs.

"I could see several corporate partners wanting to align with Alexandre, I would say long-term commitments probably in the early six figures."

Reimer added that speed skater Cindy Klassen has likely earned more than \$500,000 annually in the four years since her five-medal streak at the Turin Winter Games.

THE CANADIAN PRESS

Eurozone must stick together: Greece

ECONOMY Greece's finance minister said a detailed rescue plan from other eurozone nations would be the best way to soothe the crisis over market fears that Greece could default on debt payments.

Eurozone nations pledged last week to aid Greece "if needed to guard financial stability in the euro area" — but did not say how they would help the country. Greece's debt problem has shaken the entire eurozone and undermined the shared currency.

Market worries of a default have hiked the cost of Greek government borrowing in recent months and caused the euro to slide to a near nine-month low against the dollar.

The Greek government says it isn't asking for a bailout and won't need one because it plans to solve its problems on its own.

But Greek Finance Minister George Papaconstantinou said he would like to see the 16 countries that use the euro to "work out a mechanism so that if necessary the mechanism will be there" for any member that cannot pay its debts.

THE ASSOCIATED PRESS

Your Money

Mortgages for self-employed

Alison OnMoney

Alison Griffiths

metronews.ca/alisononmoney

It was a sad day when I sold my 1971 Karmann Ghia — a sexy number for a freelance writer to bomb around Vancouver streets.

Therein lay the problem — freelance writer, i.e. self-employed, ergo a bad credit risk.

Though I supplicated myself trying to borrow \$4,000 to buy a first computer, my little beauty ended up financing my technology upgrade.

Later I hoped for better luck with a mortgage. I had 30 per cent saved but when the loans officers saw my income tax return they couldn't show me the door quickly enough.

The banks only took into account taxable income while I, like most self-employed, had many more deductions, such as use of

home and auto, to lower that figure. Even with a hefty gross income, the self-employed have historically come up short as credit worthy.

But that's changing, according to mortgage agent Dianne Chafe with Oriana Financial in Toronto. "Financial institutions are more and more willing to look at gross income," she says. "If your finances are in good shape you should be able to get as good a rate as an employed person."

Here are three tips:

1. Aim for 20 to 25 per cent down to reduce debt load and avoid mortgage insurance.

2. Be able to prove you have been in business for at least two years. The easiest way to do this is to register your business.

3. Keep your total debt servicing — mortgage, condo fees, property tax, utilities and non-mortgage debt — as close as possible to 40 to 44 per cent of your net income.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Toyota has more brake problems

COMPLAINTS The U.S. government has received new complaints alleging 34 deaths in Toyota vehicles due to sudden acceleration since 2000. A government database yesterday shows the government has received complaints alleging 13 additional deaths during the past three weeks.

THE ASSOCIATED PRESS

m.metronews.ca



Iceland's government hopes to dodge a referendum on a controversial debt payment plan with new negotiations in Europe. Scan this code for the story.

Feds plan to tighten first-time buyer rules

MORTGAGES The federal government is expected to announce new rules today that would make it more difficult for first-time buyers to enter Canada's hot housing market.

Sources have told The Canadian Press that Finance Minister Jim Flaherty is ready to move on the issue because of concern Canadians may be taking on too much debt.

Economists have advised the minister the best way to protect Canadians is to institute a debt affordability test in order to qualify for a Canadian Mortgage and Housing Corp. insured

mortgage.

Currently, prospective home owners can qualify for a CMHC insured mortgage if they put at least five per cent down on the cost of a home.

But bank officials say they usually apply a cushion to ensure home buyers have sufficient income to meet payment requirements if floating rates rise, in some cases by more than two percentage points.

Flaherty is expected to make such an income test a condition for acquiring an CMHC insured mortgage.

THE CANADIAN PRESS

Microsoft has new phone software

MEDIA After two years, Microsoft Corp. has its comeback to the iPhone: phone software that works a lot like its own Zune media player.

The software, which was unveiled yesterday at the Mobile World Congress, is a dramatic change from previous generations of the software that used to be called Windows Mobile.

But Microsoft is, for now, sticking to its model of making the software and selling it to phone manufacturers, rather than making its own phones.

THE ASSOCIATED PRESS

Renovation tax credit

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q We bought our first home last year, using our RRSPs First-time Home buyers Plan for our down payment. The home required renovations. Can I use the maximum home renovation credit for 2009 and carry the unused amount to next year?

— Jake and Allison

A You may claim the home renovation tax credit maximum of \$9,000 (\$10,000 less \$1,000) for 2009. This was a one-time

economic stimulus credit that applies only to 2009. Excess amounts may not be carried forward.

The federal government also has provided a \$5,000 first time home buyer's tax credit for 2009.

When filing 2009 tax returns, look for other non-refundable tax credits:

- Tax credit for children under 18 at end of the tax year. No receipts required.
- Caregiver amount for parents or grandparents over 65 years. No receipts.
- Canada employment credit — every employed individual can claim. No receipts required.
- Public transit — keep passes. Receipts required.

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Comment

Quebec grievance era has passed

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Heritage Minister James Moore had a point of sorts in saying there wasn't enough French content in the opening ceremonies of the Van-

couver Olympics. There could have been more.

But it was hard to keep from yawning. His complaint sounded 20 or 30 years out of date, from a bygone era. Bilingualism is still a noble cause but in the public psyche it has faded in importance. It was part of the Quebec grievance era. That era, beginning with the arrival of separatist forces in the early 1960s, spanned almost four decades.

It was remarkable when

you think about it. Quebec angsts, Quebec separatists, Quebec issues dominated the national agenda to an astonishing degree. There was the rise of René Lévesque, the October Crisis, the election of the Parti Québécois, the 1980 referendum, bilingualism uproars, the repatriation debate, Meech Lake, Charlottetown, Jacques Parizeau, Lucien Bouchard, the 1995 referendum, the Clarity Act. There was the run of Quebec-based prime minis-

ters — Trudeau, Mulroney, Chretien, Martin.

Nothing lasts forever. The grievance era has passed. Nobody gets excited about the separatist threat anymore. Nobody gets excited about bilingualism anymore.

In British Columbia, only 55,000 of four million people are native French speakers. They are overwhelmed in the multi-ethnic province by those who speak South Asian or Chinese dialects.

The opening show did spotlight French singer Garou and three of the eight Olympic flag-bearers were from Quebec. Celine Dion had been invited but didn't attend. Games CEO John Furlong said only a handful of words in French in his welcoming address. Given his appalling pronunciation we were thankful he stopped at that.

The opening couple days of the Games had enough misfortunes — the death of the luger, the glitches with

the hydraulic lifts at the torch lighting, the spring-like weather. Organizers didn't really need complaints about not enough French to rain further on the parade.

Such complaints may have some merit. But Canadians don't want to hear them any more. They have heard them for 40 years running.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Roller-coaster market can produce wealth

InBusiness

Charles Davies

metronews.ca/inbusiness

Forget about following day-to-day stock market action. It is too unstable and only breeds nausea, heartburn and indigestion.

The longer view, on the other hand, can be, and usually is, cheerily optimistic. Despite its recent gyrations, the market, measured by the S&P/TSX Composite Index, is nearly 50 per cent above its bot-

tom of last March.

That's very good news. It's sad, then, that so many Canadians have completely missed out on it, with negative consequences for themselves, and the economy. A recent report estimates that over the past year or so, Canadian investors have tucked away as much as \$90 billion in hyper-safe but low yielding investments like savings accounts and guaranteed investment certificates rather than chancing the equity market.

It's worth reflecting on this depressing phenomenon here as the end of RRSP season nears. Retail investors have always been

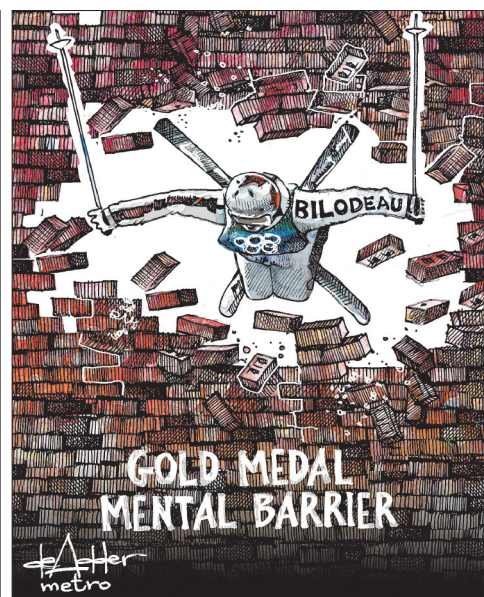
creatures of extremes, driven into hiding by bear markets; then becoming cockeyed, nay greedy, opportunists after the bull has taken flight. They almost invariably manage to be counterintuitive, selling low and buying high. In the quest for security, they ignore the fact that a gradual and consistent accumulation of stocks through good times, and especially bad times, eventually produces wealth.

In part, the risk aversion is understandable. A whiff of casino atmosphere has always hovered over the stock market, and we've just been through the worst of a recession that has ruth-

lessly pared jobs and incomes. This kind of stuff terrifies investors, especially older ones who are more liable to be concerned with preserving savings for the cost of nursing home care than building a portfolio.

But think longer term. Freight car loads of personal finance books and miles of copy on the subject in the popular press have failed to convince investors to build their wealth the sensible way, by making a long-term commitment to stocks, and by patiently riding out the rough patches.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax. Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Canadians to face Maradona's squad

Canadian soccer history will be made this spring when the national men's side travels to Buenos Aires to face Diego Maradona and his tremendously gifted, notoriously flawed Argentina team just weeks before the World Cup opens in South Africa. The friendly match will mark the first time Canada and Argentina have met in international men's competition. **THE CANADIAN PRESS**

9

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



Swan third in goal race

Former Halifax Mooseheads winger Bryce Swan finished third in Atlantic University Sport goal-scoring with 20 among 31 points in 28 games. His St. Francis Xavier X-Men face the P.E.I. Panthers in the AUS quarterfinals starting tomorrow. **METRO HALIFAX**

Huskies ready for battle with Bleus

MATTHEW WUEST
matthew.wuest@metronews.ca

The Saint Mary's Huskies are taking the long way to another Atlantic University Sport championship.

The Huskies, who captured last year's men's hockey crown after enjoying a bye to the semifinals, have to go through the quarterfinals for the first time in three years and open the best-of-three series against the Moncton Aigles Bleus tomorrow night at 7 p.m. at the Halifax Forum.

"We don't have those extra couple of days to rest, but this isn't new to the guys," said Huskies head coach Trevor Stienburg. "We have to get right back to the drawing board."

The Huskies, who fin-

ished third with a 16-8-4 record, are on a four-game winning streak, bouncing back after a mid-season lull that saw them lose 10 of 15 games.

Although key forwards Cam Fergus and Kyle Doucet have been out with injuries, the Huskies scored 13 goals in two games without them last weekend. Stienburg said Marc Rancourt, Cody Thornton, Colby Pridham, Justin Munden and ex-NHLer Mike Danton are capable of shouldering the load.

"The guys have been playing well the past few games," he said.

Rancourt, last year's national player of the year, finished his career 10th on the AUS all-time scoring list with 210 points in 134 games. He was also second



Saint Mary's Huskies forward Justin Munden battles for position in front of Moncton Aigles Bleus goaltender Kevin Lachance. The two teams meet in the AUS quarter-finals starting tomorrow.

in assists with 152, just 12 shy of Ross Yates's 29-year-old record of 165.

The Aigles Bleus, 9-16-3,

snuck into the playoffs by a single point on the final day of the regular season, and the Huskies, who

Schedule

AUS men's hockey semifinals

- Wednesday: Moncton at Saint Mary's, 7 p.m.
- Friday: Saint Mary's at Moncton, 7 p.m.
- Sunday: x-Moncton at Saint Mary's, 7 p.m.
- x—if necessary

swept the season series 4-0, are clear favourites.

But Stienburg is wary of Moncton, particularly goalie Kevin Lachance, a former first-team all-star.

"They're a scrappy team," Stienburg said. "If people are stuck looking at the standings, they're missing it. They're a very, very scrappy bunch of guys, they compete hard, they're physical ... and we have to be prepared for that."

Capitanes are no longer undefeated

PBL The Rochester Razor-Sharks did the Halifax Rainmen a huge favour yesterday afternoon, dealing the Puerto Rico Capitanes their first loss of the season, 113-101.

The Capitanes, who were playing their first road game, are 9-1, just a game ahead of the second-place Rainmen, 8-2. The two-time defending champion RazorSharks, 6-3, are fourth, a half-game behind the Lawton-Fort Sill Cavalry, 7-2. **METRO HALIFAX**

SCOREBOARD

PBL	W	L	PCT	GB
Puerto Rico	9	1	.900	—
HALIFAX	8	2	.800	1
Lawton-Fort Sill	7	2	.778	2
Rochester	6	3	.667	2.5
Vermont	3	4	.429	4.5
Buffalo	3	7	.300	6
Manchester	3	8	.273	6.5
Maryland	2	7	.222	6.5
Quebec	1	8	.111	7.5

SATURDAY
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Nova Scotians migrating to NCAA

MATTHEW WUEST
matthew.wuest@metronews.ca

SOCCER A record number of Nova Scotians are headed south of the border to play college women's soccer in the NCAA.

Six Bluenosers have landed full scholarships and signed letters of intent to play at the Division I level starting next season. The previous high was four, set two years ago.

Leading the way is former national under-17 star Nkem Ezurike, a Lower Sackville striker who will join Hubley native Eunnie Kim with the Michigan Wolverines.

"This is a really good group of girls that came through our system," said Mike Hudson, Soccer Nova Scotia's technical director. "When you have a group like that, they bring the players around them to another level too."



Nkem Ezurike

Also heading to the NCAA are Halifax's Maggie Malone (Maine Black Bears); Lower Sackville's Jenna Goobie (Kentucky Wildcats); Bayside's Melissa Gaudet (Stephen F. Austin Jacks); and Dartmouth's Brienne Moore (Virginia Commonwealth Rams) and Courtney Conrad (Jacksonville Jaguars).

All six played for Nova Scotia at the 2009 Canada Games in Prince Edward Island, placing fifth, and attended back-to-back Um-

bro Showcases in Mississauga, Ont.

Hudson said all six are "making the right steps" toward spots with Canada's under-20 team two years from now.

The six-foot-one Ezurike was actually considered for the under-20 squad this year but just missed the cut. Hudson said Michigan is a good spot for the 17-year-old to develop.

"I wouldn't say they're a top-20 school right now, but they've recruited heavily the past two years," he said. "By the time Nkem is in her third year, they'll be top-notch."

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A remade Dallas Mavericks squad exits the break looking to challenge the Lakers' dominance

Sports in brief

SOCCER England's Premier League is reportedly considering the introduction of play-offs to decide which team takes its fourth Champions League place. The top four clubs currently qualify automatically for Europe's top club competition but The Guardian newspaper says the Premier

League could reduce that to three and give the final place to the winner of end-of-season playoffs involving teams finishing fourth through seventh.

NHL Tampa Bay's Steven Stamkos, Philadelphia's Michael Leighton and Dallas' Marty Turco are the NHL

Three Stars of the week. Stamkos led all scorers last week with nine points, including three goals, in four games. The 20-year-old centre is tied for fourth overall in the goal-scoring race, with 35, and is seventh overall in points with 70.

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Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Marty's last stand?

Veteran goalie ready for fourth Olympics

Martin Brodeur thought his Olympic dream had ended.

As the disappointment of a seventh-place finish truly began to set in four years ago, the veteran goaltender wondered if he'd played his last game for Team Canada. The Vancouver Games seemed a long way away at that

among the best in the game at age 37.

Yet, here he is, back for a fourth Olympics and still among the league leaders — first in shutouts and second in victories at about the three-quarter mark of the season.

"After the last one, I didn't know where my game was going to be at," Brodeur said in a recent interview. "I'm excited to still be on top. Playing well, feeling good. I have that drive to play. I think that's the thing, when you get a little older, wanting to play and wanting to be the guy (is important)."

There's a good chance Brodeur will end up being the guy for Canada during these Olympics.

Even though Brodeur and Roberto Luongo have each had some recent struggles, they're likely Nos. 1 and 2, with Marc-Andre Fleury sitting in the third spot.

No Canadian goalie can match Brodeur in terms of experience. And with seven shutouts already this season, there's reason to believe he's still on top of his game.

"You look at the year he's having, wins and sta-

Luongo gets nod

- Roberto Luongo will be Team Canada's starting goalie for the first game of the Olympic men's hockey tournament.

- Coach Mike Babcock said the Vancouver Canucks goaltender will start tonight against Norway while Martin Brodeur gets Switzerland Thursday.

tistics don't lie," said Canadian defenceman Chris Pronger.

"He's certainly playing very well ... A guy with his experience and his credentials is certainly somebody you want between the pipes in the big games."

Interestingly, Brodeur grew up only a few blocks from Luongo in Montreal and both were also part of the 2006 Canadian Olympic team.

The one thing that stands out for Luongo about his teammate is the chasm between his on-ice and off-ice personas.

"He's a big competitor," said Luongo.

"The thing I like about him the most is he's laid back and he has fun with it. You see him before a game, he's very relaxed and joking around with guys ... But you know deep down inside he wants to win just as bad as anybody else."

THE CANADIAN PRESS

Cross-country Swedish gold



Gold medal winner Charlotte Kalla of Sweden is flanked by silver medal winner Kristina Smigun-Vaehi from Estonia, left, and bronze medal winner Marit Bjørgen of Norway yesterday after the women's 10-kilometre cross-country ski race at the 2010 Olympics in Whistler, B.C.

VANCOUVER GAMES

Medal Count

NATION	Gold	Silver	Bronze	TOTAL
U.S.	2	2	4	8
France	2	0	2	4
Germany	1	3	0	4
Canada	1	2	1	4
Switzerland	3	0	0	3
Norway	0	2	1	3
Italy	0	1	2	3
South Korea	1	1	0	2
Czech Republic	1	0	1	2
Netherlands	1	0	0	1
Slovakia	1	0	0	1
Sweden	1	0	0	1
Australia	0	1	0	1
Estonia	0	1	0	1
Poland	0	1	0	1
Austria	0	0	1	1
Croatia	0	0	1	1
Russia	0	0	1	1

On the web

- Complete day-by-day event schedule
- Metro-Blenz News Squad on-the-ground blog

'I'm so happy to be second. It's amazing'

JEFF HODSON
jeff.hodson@metronews.ca

SNOWBOARD CROSS Canadian snowboarder Mike Robertson said it was a bittersweet moment when he glanced over while blazing down the snowboard cross course at Cypress Mountain and realized American Seth Wescott would repeat as Olympic champion.

"Obviously I wanted to win," said Robertson, who won Canada's fourth

medal, a silver, yesterday in men's snowboard cross. "But I'm so happy to be second. It's amazing."

Robertson, 24, dominated much of the final race. After battling early with American Nate Holland, he took a commanding lead, but missed a landing late in the race. The error allowed Wescott, the defending gold medalist, to quickly close the gap and nose Robertson into second. France's Tony Ramoin took bronze.

Afterwards, Robertson

praised the American as a "big event rider."

At 33, Wescott becomes the oldest athlete to medal in a snowboard competition.

He's ranked ninth in World Cup standings and has been riding so long that doesn't get very motivated for those races.

"It's not that fun for me to ride a crappy course in Bad Gastein, Austria, with zero visibility," Wescott said. "But, you get to Olympics and you get motivated."

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Vancouver Games



Team Canada second Carolyn Darbyshire, centre, jokes as skip Cheryl Bernard, left, and lead Cori Bartel smile during practice at the Olympic Centre yesterday at the 2010 Olympic Winter Games in Vancouver. The Canadian rink will take on Switzerland today.

Bernard ready to throw some rocks

Curler Cheryl Bernard won't have much time to get her feet wet at her first Winter Olympics.

The Calgary skip will make her Games debut today in front of what's sure to be a raucous Vancouver crowd and will square off against the woman who has claimed the silver medal in each of the last two Olympics, Switzerland's Mirjam Ott.

Easing into the tournament against a tough opponent, Bernard isn't worried.

"They're an offensive team and they'll go at it and I don't mind that game at all," Bernard said yesterday after her final training session in Vancouver. "I'm looking forward to playing them."

The 43-year-old, who

Drought

• Cheryl Bernard will be attempting to claim Canada's first women's gold in curling since Sandra Schmirler in 1998.

clinched her spot at the Olympics by winning the Canadian curling trials last December, sounded as though she'd take on just about anyone if it meant finally getting the Games underway.

"I came in (the media area) and I said, 'I don't know what else I have to say because we haven't played yet,'" Bernard said to reporters with her customary off-ice laugh.

While Bernard will open with a difficult matchup against Ott, the odds were

quite high her first round-robin contest wouldn't be a walk in the park.

The women's Olympic curling field is deep and there's no shortage of teams that could wind up on top of the podium.

Sweden's Anette Norberg is the defending Olympic gold medalist and a two-time world champion.

China's Bingyu Wang won the world championship last year and has been picked by some to claim gold in Vancouver.

And then there's Ott. With her two Olympic runner-up performances, the Swiss skip has become something of international curling's bridesmaid.

THE CANADIAN PRESS

No sentimental victory for Guay

SKIING Being the top Canadian didn't mean much to Erik Guay after the host country was shut out of the medals in the men's downhill at the Winter Olympics yesterday.

The race was won by Switzerland's Didier Defago in one minute 54.31 seconds. Guay, from Mont-Tremblant, Que., was fifth in 1:54.64.

"It's heartbreaking a little bit to be fifth," said Guay. "It wasn't a bad run and it's my best result of the year in downhill."

"You hope and pray for Olympic miracles. I would have loved to be on the podium but fifth place is where I am standing."

Norway's Aksel Lund Svindal was second in 1:54.38. THE CANADIAN PRESS

Canada headed to semifinals after blowout win over Swiss

HOCKEY Canada punched its ticket to the semifinals of the Olympic women's hockey tournament yesterday with a 10-1 win over Switzerland.

The Canadian women improved to 2-0 and aim to finish first in Group A with a win over Sweden in the final preliminary-round game for both countries tomorrow.

Meghan Agosta of Ruthven, Ont., led Canada with a pair of goals. Jayna Hefford of Kingston, Ont., scored her second short-handed goal of the tournament and the hosts also got goals from Montreal's Catherine Ward, Marie-Philip Poulin of Beauceville, Que., Toronto's Cherie Piper, Gillian Apps of Unionville, Ont.,

Rebecca Johnston of Sudbury, Ont., Sarah Vaillancourt of Sherbrooke, Que., and captain Hayley Wickenheiser of Shaunavon, Sask.

Darcia Leimgruber scored Switzerland's first goal ever against Canada in women's hockey late in the second period.

THE CANADIAN PRESS

Field of Play

Scott Russell

Alexandre Bilodeau's gold medal has changed things for Canada. Read Scott Russell at www.metronews.ca.

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What makes milk or meat organic? After a drawn-out debate, the U.S. Agriculture Department has significantly narrowed the definition to livestock that spend a third of the year grazing on pasture. **THE ASSOCIATED PRESS**

Food



Pancakes in a shake

Celebrate Shrove or "pancake" Tuesday in a pinch (or rather a "shake") with Dr. Oetker's new Shaker Pancake mix. With all the dry ingredients already prepped, all you have to do is add one cup of milk or water to the bottle and shake. The mix is trans fat-free, a source of fibre and prebiotic. (The batter can also be used in a waffle maker). Available at most grocery retailers in Buttermilk or Chocolate Chip flavour for \$2.99. **METRO NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Cheers to B.C.

Confession time — I'm not that big a fan of the Olympics. Ever since they started letting professional athletes compete against other professional athletes, I've soured on the whole concept. That said, it is hard not to get swept up in the "Go Team Canada" vibe of these winter games.

Since British Columbia will see the brightest part of the spotlight it's also a chance for the rest of Canada to get a taste for the west. You can do it at home easy enough by raising a glass of B.C. wine.

Selection varies across the country with wines from Mission Hill Family Estate being some of the best and most readily available. Its 2006 Five Vineyards Cabernet Merlot VQA (\$16.45 - \$18.99) from the Okanagan Valley is a ripe mix of plum and cherry fruit that has a subtle Bordeaux vibe that pairs well with most red meats.

Sandhill Estate Vineyard's 2006 Merlot VQA (\$19.95 - \$23.49) also calls the Okanagan home; showing off grilled beef-friendly flavours of dark red berry and cherry.



Mardi Gras grub

You may not get down to New Orleans for Mardi Gras, but that doesn't mean you can't eat as if you're there.

This speedy version of gumbo is prepared in two pans. Combined at the end, the two parts have all the flavour of the traditional hearty dish. If you have the opportunity, letting it sit in the refrigerator overnight will seriously improve the flavours.

While there are many different styles of gumbo across the South — including variations between Creole and Cajun — okra is a must-have ingredient (among other things, it serves as a thickener) of this meat- and seafood-rich stew. Most grocers sell chopped or whole okra in the freezer section.



Fast and Intense Gumbo is a speedy recipe of the traditional hearty meal often associated with Mardi Gras. This dish is best left in the refrigerator overnight to help improve its flavours.

Fast and Intense Gumbo

MAKES 8 SERVINGS

INGREDIENTS:

- 125 ml (1/2 cup) butter, divided
- 50 ml (1/4 cup) all-purpose flour
- 3 cloves garlic, minced
- 375 ml (1 1/2 cups) chopped yellow onion (about 2 small)
- 175 ml (3/4 cup) chopped celery (about 3 stalks)
- 500 g (1 lb) okra, chopped
- 1 can (398 ml/14 oz) diced roasted tomatoes with chilies
- 425 ml (1 3/4 cups) water
- 2 ml (1/2 tsp) dried thyme
- 5 ml (1 tsp) sugar
- Salt and ground black pepper
- 500 g (1 lb) sirloin steak, cubed

- 500 g (1 lb) large shrimp, peeled and deveined
- 500 g (1 lb) Andouille sausage, sliced into rounds
- 500 g (1 lb) crab meat
- Juice of half a lemon
- 30 ml (2 Tbsp) Worcestershire sauce

METHOD:

In a large, heavy saucepan over medium, melt 50 ml (1/4 cup) of the butter. Stir in flour and cook, stirring constantly, until mixture is a deep brown, about 10 minutes.

Stir in garlic, onion, celery and okra. Continue to cook until onion is translucent and okra is stringy, 8 to 10 minutes. Add tomatoes, water, thyme, sugar, 5 ml (1

tsp) salt and 1 ml (1/4 tsp) pepper. Simmer for 20 minutes.

Meanwhile, in a large deep skillet over medium-high, melt remaining butter. Add 2 ml (1/2 tsp) salt, 1 ml (1/4 tsp) pepper and steak. Sear beef, turning occasionally, for about 3 minutes. Add shrimp and saute until pink, about 2 minutes. Add sausage, crab, lemon juice and Worcestershire sauce. Stir gently to heat through.

The mixtures can be combined in one pan to form the traditional stew-like dish, or the meat and seafood can be served over the vegetable mixture.

THE ASSOCIATED PRESS

Mardi Gras, a.k.a. "Fat Tuesday" is today!

Savour event celebrates Olympics with luge cocktail

JON TATTRIE
for Metro Halifax



EVENT Halifax foodies are licking their lips at the thought of next week's Savour Food and Wine Show. The annual eating event on Thursday, Feb. 25, is even getting into the Olympic spirit this year with a cocktail luge.

Starting at 7 p.m., the Halifax Marriott Harbourfront Hotel will turn two of its ballrooms into a massive buffet, with 62 vendors offering up a sizzling array of treats from Nova Scotia's top eateries, breweries and vineyards.

Patrons stump up \$79 to get in the door and can then eat and drink until they are very merry.

Savour is organized by the Restaurant Association of Nova Scotia to bring attention to the wide range of cuisine on offer in the province. Anna-Maria Jachimowicz, event co-ordinator for RANS, said a past visitor branded Savour "minglicious," and the description stuck.

"It'll be a very exciting, decorative event, with restaurants from across

the province showing what they do," she said, noting this year has drawn a record number of vendors.

One of those will be Trevor Simms, chef at 44 North.

He said his booth, positioned in the Nova Scotia foyer at the top of the escalator where foodies enter Savour, is going to be "big and crazy."

"It'll be a 360-degree station: Brushed, stainless-steel tops, spandex girding, and one side will feature a heart-attack-poutine sort-of Canadiana thing," he said.

It'll also have the cocktail luge. That's a 400-pound block of ice with two funnels at the top, clear surgical tubing spiralling through the ice and ejecting the booze at the bottom.

"The guys are going to grab the vodka or rum and pour it down the top of the luge. It goes through the ice sculpture, super cools it and ejects it out the bottom," Simms explained.

Book your tickets at ns.edining.ca/savour.asp or by calling Chrystal Risley at 429-5343, ext.1.

Health in brief

NEW SHOW With a little help from Martha Stewart, Anthony Bourdain wants to expand America's notion of food porn. Bourdain, the celebrity chef whose habit of slinging strong opinions and foul language has earned him a culinary bad boy rap, launches a no-holds-barred satellite radio program this week on Sirius XM's

Martha Stewart Living Radio. The show, called Anthony Bourdain and Eric Ripert: Turn & Burn, will run for five weeks starting Thursday. It will cover numerous food subjects; listeners also can call in with questions. **THE ASSOCIATED PRESS**



Eric Ripert

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Fundraising initiative

Toys "R" Us is partnering with Autism Speaks, an autism advocacy group dedicated to funding research into the causes of autism. Monetary donations are being accepted at nearly 70 stores across the country or online (Toysrus.ca) from now through April, which is Autism Awareness Month. **METRO NEWS SERVICES**

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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Healthy home habits mean healthy kids

CELIA MILNE
for Metro Canada



Is your child headed for obesity? Here's some advice your grandmother might have given you — chances are slimmer that your kids will be fat if they eat meals at home, don't watch too much TV, and get lots of sleep.

Researchers in Ohio analysed data on thousands of four-year-old children to find out whether some good, old-fashioned household habits were associated with lower risk for obesity. And the results were quite dramatic.

"Children living in households where they regularly ate dinner as a family, got enough sleep at night, and were limited in their daily TV viewing were 40 per cent less likely

to be obese compared to children who had none of these household routines," said Dr. Sarah Anderson (PhD), assistant professor of epidemiology at Ohio State University and lead author of the study.

Each of the routines had been linked in previous studies to lower obesity, but this was the first time researchers had studied such a large group of children to assess the benefit of using all three routines.

"Each of these household routines by themselves was associated with lower risk for obesity, and the more of them children had, the better," said Anderson.

The study involved a national sample of about 8,550 four-year-old children enrolled in the Early Childhood Longitudinal Study in the U.S. Eighteen



Kids who eat regular meals with their families are less likely to be obese.

per cent of the children were obese.

Although every family

and every child is different in terms of what's needed, there are a few targets to

aim for. "We saw a lower risk of obesity associated with 10 and a half hours of

sleep each night, two hours maximum of screen-viewing time per day, and family meals more than five times per week," said Anderson.

Screen time includes time spent watching videos and DVDs.

Establishing these routines probably has other benefits to children's development, such as emotional stability.

"Families with young children may want to consider what it would take for them to have these routines for their child," she said.

The study is scheduled for publication in the March issue of the journal *Pediatrics*. Anderson's co-author was Robert Whitaker, professor of public health and pediatrics at Temple University.

We want our politicians family-friendly please

The J Spot

Josey Vogels

metronews.ca/thejspot

As many a media columnist and commentator have pointed out since Adam Giambrone bowed out of Toronto's mayoralty race when it came to light that

he was a big old cheater, the man's private life is none of our business and should have no bearing on his ability to do his job.

I tend to agree. And every time another political sexual scandal comes to light, I can't help wondering how all of us would stand up if our ability to do our job were based on how we conduct our private romantic lives.

But his privacy isn't the issue, many other media columnists and commentators cried. The issue is that he lied about it when confronted by the media.

"We want our politicians to be human, relatable and accessible but still morally and ethically less flawed than the rest of us."

How can we put up with a politician who lies? Right, because politicians have such a great reputation for not lying. Would we have been happier if he'd simply come right

out and said, "Yes, I'm a big, old cheater?"

No, of course not. That would be political suicide. Giambrone knew this. He admitted as much in a text to Kristen Lucas, the young university student with whom he was having an affair, when explaining why live-in girlfriend Sarah McQuarrie and not Lucas would be by his side during the campaign: "It is important for the campaign ... I had to have someone political," he wrote.

So, while the rest of us run around wrestling with

the realistic challenges of finding, keeping and maintaining love in a social landscape of constantly shifting and expanding sexual mores, we still expect our politicians to project a 1950s sitcom image of family stability.

In other words, we want our politicians to be human, relatable and accessible but still morally and ethically less flawed than the rest of us.

Ultimately, I don't care about the sex life of my politicians and yes, I do care about their honesty. But, maybe if we didn't ex-

pect our politicians to come across like Ward Cleaver with June at his side, they'd feel less pressure to lie about their perhaps-less-than-perfect personal lives.

By the way, Hugh Beaumont, the actor who played Ward Cleaver in *Leave It To Beaver* — the ultimate 1950s family sitcom — had an absent father and his own real-life marriage ended in divorce.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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14 health & beauty



The Canadian Breast Cancer Foundation has created a free iPhone app so users can get the latest breast cancer information, register for the 2010 CIBC Run for the Cure and stay connected with a thriving online community. **METRO NEWS SERVICES**

'Aspies' cling to name

In the autism world, "Aspies" are sometimes seen as the elites, the ones who are socially awkward, yet academically gifted and who embrace their quirkiness.

Now, many Aspies, a nickname for people with Asperger's syndrome, are upset over a proposal they see as an attack on their identity. Under proposed changes to the most widely used diagnostic manual of mental illness, Asperger's syndrome would no longer be a separate diagnosis.

Instead, Asperger's and other forms of autism would be lumped together in a single "autism spectrum disorders" category. Some parents say they'd welcome the change, thinking it would eliminate confusion over autism's variations and perhaps lead to better educational services for affected kids.

But opponents — mostly older teens and adults with Asperger's — disagree.

Liane Holliday Willey, a Michigan author and self-described Aspie whose daughter also has Asperger's, fears Asperger's kids will be stigmatized by the autism label — or will go undiagnosed and get no services at all.

Grouping Aspies with people "who have language delays, need more self-care and have lower IQs, how in the world are we going to rise to what we can do?" said Willey.

Rebecca Rubinstein, 23, a graduate student from Massapequa, N.Y., says she "vehemently" opposes the proposal and will think of herself as someone with

Asperger's no matter what. Autism and Asperger's "mean such different things," she said. Yes and no.

Both are classified as neurodevelopmental disorders. Autism has long been considered a disorder that can range from mild to severe. Asperger's symptoms can vary, but the condition is generally thought of as a mild form and since 1994 has had a separate category

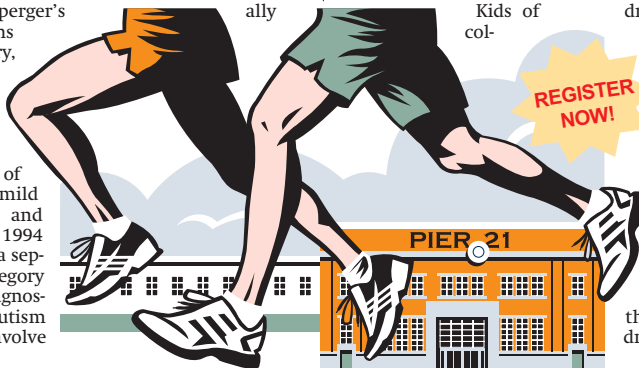
in psychiatrists' diagnostic manual. Both autism and Asperger's involve poor social skills, repetitive behaviour or interests, and problems communicating. But unlike classic autism, Asperger's does not typically involve delays in mental development or speech.

The American Psychiatric Association's proposed revisions, announced last Wednesday, involve autism and several other conditions. The suggested autism changes are based on research advances since 1994 showing little difference between mild autism and Asperger's.

A new autism spectrum category recognizes that "the symptoms of these disorders represent a continuum from mild to severe, rather than being distinct disorders," said Dr. Edwin Cook, a University of Illinois at Chicago

autism researcher and member of the APA work group proposing the changes.

Dr. Mina Dulcan, child and adolescent psychiatry chief at Chicago's Children's Memorial Hospital, said Aspies' opposition "is not really



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Red Bull and vodka won't give you wings, but may increase chance of reaching for car keys

CELIA MILNE
for Metro Canada

ALCOHOL It's a cruel combo. If you consume energy drinks with alcohol, you're probably drunker than you think.

Kids of col-

lege and university age will often use energy drinks such as Red Bull with alcohol to boost their buzz. A study in Florida has found that adding caffeine to alcohol increases the risk of being very drunk and deciding to drive.

Researchers from the University of Florida did interviews with more than 800 randomly selected young people leaving bars late at night. The participants were asked what they had been drinking and also whether they intended to drive home. Their breath alcohol levels were tested. The study found that those who drank energy drinks mixed with alcohol had a threefold increased risk of leaving a bar highly intoxicated.

More ominously, they



Mixing energy drinks with alcohol may make you feel less drunk than you actually are, a study reports.

were four times more likely to intend to drive that night than those who only drank alcohol. It's estimated that 28 per cent of college-age drinkers use energy drinks.

"When caffeine is mixed with alcohol it overcomes the sedating effects of alcohol and people may perceive that they are less intoxicated than they really are," said the study's lead researcher Dennis Thombs, an associate professor in the UF College of Public Health. "This may lead people to drink more or make uninformed judgments about whether they are safe to drive."

The study will appear in the April issue of the journal Addictive Behaviors.

Vaccine may protect against shingles

CELIA MILNE
for Metro Canada

VACCINE Canadians over age 60 may want to consider being immunized against shingles.

Anyone who has had chickenpox is at risk of developing shingles later in life, and anyone who has ever known someone with shingles knows it's extremely painful.

The Canadian Pain Society wants to create awareness that a vaccine is available.

Zostavax was approved by

Health Canada in 2008. In the Shingles Prevention Study of 38,000 people over age 60, the vaccine reduced the risk of developing herpes zoster (the virus that causes shingles) by 51 per cent. Some people who get shingles develop chronic nerve pain that is difficult to treat. The vaccine reduced incidence of long-lasting pain by 73 per cent.



THE ASSOCIATED PRESS

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Artificial pancreas lowers risks for kids with diabetes

A study in children and teenagers with type 1 diabetes done by the University of Cambridge has shown that using a first-generation artificial pancreas system overnight can lower the risk of low blood sugar emergencies while sleeping. **METRO NEWS SERVICES**

health & beauty 15



Dara Torres models a Rachel Roy design from The Heart Truth Red Dress collection, Thursday, Feb. 11, 2010, during Fashion Week in New York.

Celeb heart heroes

CHARITY EVENT Celebrities including Felicity Huffman, Kim Kardashian, Robin Roberts and Joan Collins can now all say they've walked in models' shoes after participating in The Red Dress Collection runway show last Thursday night at New York Fashion Week. Well, except for swimmer Dara Torres.

She did the catwalk in a stylish one-shoulder cocktail dress by Rachel Roy but carried her silver, sparkly stilettos by Brian Atwood in her hands, shrugging her shoulders and giving a "don't blame me, blame the shoes" face.

This show has become an annual tradition at Mercedes-Benz Fashion Week at the Bryant Park tents as part of The Heart Truth campaign to raise awareness about heart disease and women.

At one point it was spearheaded by former first lady Laura Bush.

It's never about the



Kimora Lee models her own design

clothes, although the custom-made asymmetrical dress by J. Crew for Roberts and Huffman's flattering ballet-neck Oscar de la Renta gown were certainly worthy of the red carpet.

The vibe at this show, even among the fashion editors and stylists who've sat through at least a half dozen on this opening day of fall-collection previews, is joyful and festive. Kristin Chenoweth, in a Daniel Swarovski dress, and a Badgley Mischka-clad Jordin Sparks mastered the model walk, and Raven-Symone, in Tadashi Shoji, clearly relished her runway moment.

A pregnant Bethenny Frankel mugged in her Isabella Oliver dress to the Supremes' Baby Love, and singer Estelle, in an elaborate Zac Posen gown, left the audience in awe with super-long eye-lashes.

The finale, though, was handled by a pro: Heidi Klum. She wore a slinky John Galiano halter dress — and was a crowd favourite. It was her third year participating, and she's never given the other "models" any advice. They don't need it, she says.

"All these women have never done runway and they get out there and strut their stuff," Klum said backstage. "It's fun and I love all the different fashion. ... This is not modeling with a runway walk and a mean face."

Klum's work with heart-disease campaign isn't over — she's the program's spokeswoman.

THE ASSOCIATED PRESS

Remember they're actors not doctors

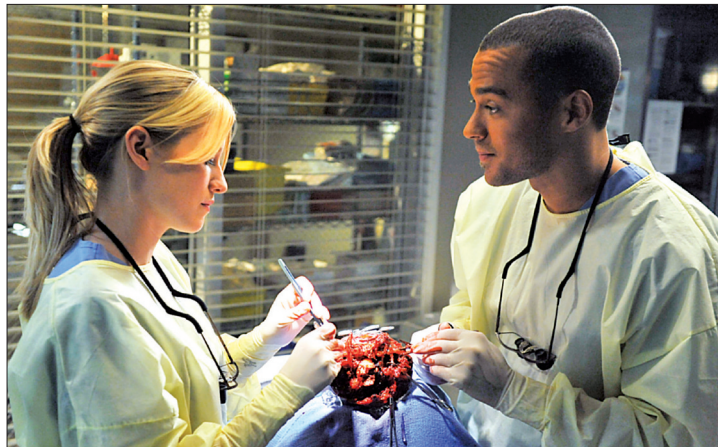
Television medical dramas can be misleading when it comes to the proper way to deal with epileptic seizures or convulsions, say researchers, who have found that small-screen doctors and nurses do it incorrectly more than half the time.

In a study by Dalhousie University, researchers screened all episodes of the top medical shows, including Grey's Anatomy, House, Private Practice and the last five seasons of ER.

Of 327 episodes, there were almost 60 examples of patients experiencing seizures or convulsions, said lead investigator Andrew Moeller, a third-year medical student at the Halifax university.

Of those, most took place within hospital settings on the shows and were treated by "nurses" or "doctors."

The study found that in 25 cases — about 46 per cent — the story line had



Chyler Leigh and Jesse Williams show you how it's done on Grey's Anatomy. Well, maybe not.

health providers giving first aid for seizures in an inappropriate manner, said Moeller, who screened all 327 episodes of the medical shows.

Proper treatment was shown in 17 seizures, or about 29 per cent of the time, while appropriateness could not be determined in 15 cases, or about 25 per cent of the total.

"What we characterized as inappropriate handling of it was trying to stop someone's seizing movements, trying to hold the person down or sticking something in their mouth," he said from Halifax.

"What you should be doing is clearing the area of harmful objects. If it's possible, rotate the person onto their side to keep them from hurting themselves — it's called the recovery position — and if possible put something soft under their head."

"And once they're finished the seizure, just staying with the person until they recover their full consciousness."

Moeller, who

"The study found that in 25 cases — about 46 per cent — the story line had health providers giving first aid for seizures in an inappropriate manner."

conducted the study with Halifax neurologist Dr. Mark Sadler, said the concern is that viewers who are unaware of the proper way to give first aid to someone having a seizure will take their cue from what they see on TV.

"And (they could) inadvertently hurt someone when they're actually trying to help someone."

Moeller said holding a person down or trying to stop their seizing movements can cause bruises or cuts, and in rare cases serious muscle damage.

"Sticking something in someone's mouth is more dangerous. Most of the time you're probably just going to smash their teeth and cut up their tongue," he said. "Some detrimental things that could happen from that could be smashing some teeth out and the person inhaling their tooth or inhaling some blood."

"That's very rare, but it is a possibility. You want to avoid that at all costs."

People having seizures can bite their tongues, he agreed, but stressed it's far more dangerous to stick an object like a stick or pencil in their mouths.

Moeller said a more detailed analysis from the study will be presented at the American Academy of Neurology's annual meeting to be held in Toronto in April.

THE CANADIAN PRESS



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Medical procedures on TV: Notes from Hollywood

Sandra de Castro Buffington, director of Hollywood, Health and Society at the University of Southern California, said she understands the concern about some viewers acting on what they see on TV dramas.

"I totally understand that, because we know from ... survey data that nearly two-thirds of regular viewers of TV — defined as viewers who watch two or more times a week — say they learn something new about health from television shows."

"When I say learn something new, they learn something new about a disease or how to prevent it," she said from

Los Angeles. "And one-third of those viewers take action on what they've learned."

Hollywood, Health and Society is an independent, non-profit program created eight years ago to serve as a free resource to the entertainment industry.

The organization connects scriptwriters and producers with medical experts to "increase the accuracy and timely portrayal of health topics in TV, health story lines, and film and new media," she said.

It works or has worked with all four medical dramas assessed by the Dalhousie

study, both through proactive outreach to writers and also by responding to their inquiries.

But when it comes to the researchers' take that nearly half of the portrayals of seizures were inaccurate, De Castro Buffington said she "would flip this on its head and come up with a very different conclusion."

"What that says to me is over half of the portrayals of seizure were accurate — over half. Now that's pretty impressive." (The 25 per cent that researchers could not be determined may have been done correctly.)

Production on 24 has been suspended so Kiefer Sutherland can undergo a "minor elective procedure" after a cyst near his kidney ruptured last week. The 43-year-old actor missed work Friday, but production continued without him. **TVGUIDE.COM**

Surgery for Sutherland

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

The Beat down

Franco Howls like Ginsberg in new film

NED EHRBAR
for Metro Canada

Actor, director, graduate student and recent General Hospital guest star James Franco comes to the 60th annual Berlinale film festival with *Howl*, a film that blurs the lines between narrative and documentary in which he stars as Beat Generation writer Allen Ginsberg.

Franco tells Metro about playing Ginsberg, attending Columbia University and why he doesn't like starring in his own films.

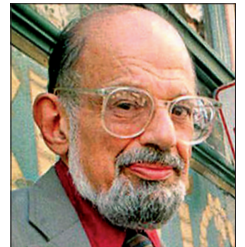
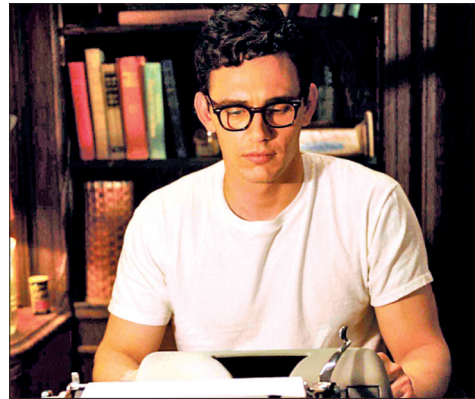
Q Was Ginsberg your favorite Beat writer?

A When I was younger, we probably read more Kerouac than Ginsberg. In the States at least, there are a lot of young people that are attracted to the Beats at a certain age. I was certainly attracted to them, but I think it's a fairly common experience. As an actor, I always thought I would play Kerouac or Neal Cassady. I never thought I would play Allen Ginsberg. So it was kind of a surprise when they asked me to do that.

Q Did you find the prospect of reading Ginsberg's poem *Howl* in the film daunting?

A No. I was pretty familiar with the poem. And I do readings like the one that's portrayed in the film, so it's something that I was fairly used to. It's just that I had to read it as if I was Ginsberg. He reads in a particular way, so it was just a matter of listening to his readings. There are probably six decades' worth of Ginsberg reading that poem, so I had a lot of material to draw from. I live in New York so I walk a lot, so it was just a case of listening to him every time I walked to school.

Q What prompted your return to school?



James Franco, left, plays Beat poet Allen Ginsberg, above, in the new movie *Howl*.

A I'd been acting for about eight years, and then I got a new understanding of what it was to be an actor. I realized that filmmaking is a director's medium, and as an actor I had a limited kind of participation in films. It's fine, I'm happy to fulfill that role as an actor, but I had other inter-

ests. So I went back to school. For me, school is very grounding. It's a way of studying other artists and writers and filmmakers. It's a much more grounded and intellectual way to study what I love.

Q What do you have coming up next?

A I'm going to do a movie with Danny Boyle called 127 Hours. It's based on the true story of Aaron Ralston, a mountain climber who accidentally got his arm trapped under a boulder in Utah while hiking. He was stuck there for five days and eventually cut his arm off with a pocket knife to escape. And he survived. We're going to shoot in Utah at the actual site where it happened.

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- 9 Rihanna - Rude Boy
- 8 Hedley - Don't Talk To Strangers
- 7 Drake Ft Kevin Cossom - I Get Paper
- 6 Down With Webster - Your Man
- 5 Girlicious - Over You
- 4 Taylor Swift - Today Was A Fairy Tale
- 3 Young Money Ft Lloyd - Bedrock
- 2 Ke\$ha - Blah Blah Blah
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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/16/10	31	31	31	ABC News Center 5	World News	Inside Edition	Chronicle	Lost "What Kate Does"		Lost Locke seeks help.		the forgotten
	7	7	7	ASN XXI Winter Olympics Hockey, Figure Skating, Medal Ceremonies, (Live)								
	11	11	11	CBC Wheel Fortune Jeopardy! (N)	Rick Mercer 22 Minutes	Kids in-Hall Comedy Fest	CBC News: The National	The Hour				
	2	2	2	CBC-F Pyramide (SC)	Union-force	Virginie (SC)	La Factice	Providence (HDTV) (N) (SC)	Trauma (HDTV) (N) (SC)	Le Téléjournal		
	32	32	32	CBS WBZ News (N)	Evening News	Wheel Fortune Jeopardy! (N)	NCIS (HDTV)	NCIS: Los Angeles	NCIS: Los Angeles	The Good Wife		
	69	69	69	CTM TVA nouvelles	Le Cercle (SC)	La Factice de la danse (SC)	Rock et Rol	Caméra Café	La Promesse (HDTV) (N) (SC)	TVA nouvelles		
	6	6	6	CHIF Entertainment	ET Canada	The Good Wife (HDTV)	NCIS (HDTV)		NCIS: Los Angeles	News Final (N)		
	9	9	9	CJCH XXI Winter Olympics Hockey, Figure Skating, Medal Ceremonies, (Live)								
	10	10	10	ELTV (6) EastLink Television				Podium TV	Community Matters			
	36	36	36	FOX Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	American Idol Part three of the Hollywood round. (N)	XXI Winter Olympics Figure Skating, Snowboarding, Speed Skating, Skiing.			Fox First
	12	12	12	NBC News (N)	NBC News	Access H.	Olympic Zone					
	29	29	29	NW (6) Power & Politics	Connect Today's biggest stories. (N)	Greater Boston	Maria Hinojosa	NOVA (HDTV) (DVS)	Frontline (HDTV) (DVS)	Frontline		
	4	4	4	PBS-B PBS NewsHour (N)	Business Rpt.	Worldfocus	NOVA (HDTV) (DVS)	A History of Surgery		Frontline		
	35	35	35	PBS-D PBS NewsHour (N)	Headline	Market Call Tonight						
	68	68	68	TOS A comm	Jeux olympiques d'hiver: Vancouver 2010 Le hockey, patinage artistique masculin.							
	23	23	23	BNN Business News	Headline	Market Call Tonight						
	18	18	18	CNN (6) The Situation Room With Wolf Blitzer (N)								
	54	54	54	GOLF Golf Central	Play Lessons	Learning	Inside PGA	The Close	Squeeze Play	Business News		
	52	52	52	RSE XXI Winter Olympics Speed Skating, Figure Skating, Snowboarding, Skiing.				Campbell Brown (N)	Larry King Live (N)	Cooper 360		
	55	55	55	SCOR After Wrestling	Covers Experts	Cabby Unlimit	Score Today	WGC Match Play Highlights	19th Hole (HDTV) (Live)	Haney Project		
	45	45	45	SPD Unique Whips		Pass Time	NASCAR Hub	Monster Jam (HDTV)	Super Bikes!	Super Bikes!	Danger-Drives	
	53	53	53	TSN XXI Winter Olympics Curling, Snowboarding, Skiing, Biathlon. (HDTV) (Live)								
	43	43	43	FAM Han, Montana	Wizards-Place	Sonny Chanda	Suite Life	Overruled!	Han, Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44	TOON Jimmy Tom	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	26	26	26	TREE Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar
	27	27	27	YTV iCarly	To Be Indie	Fries That?	Prank Patrol	The Next Star		The Next Star	Family Biz	
	16	16	16	A&E The First 48 (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Psychic Kids: Paranormal	Paranormal	
	70	70	70	APTN (6) XXI Winter Olympics Hockey, (Live)				XXI Winter Olympics Hockey, (Live)		Olympics		
	50	50	50	BET 106 & Park: BET's Top 10 Live				Unbreakable ** (2000, Suspense) Bruce Willis.		Michael Vick		
	37	37	37	BRVO Emily of New Moon		Toller Cranston, Art of Being		Live at the Rehearsal Hall		Callas Assoluta (2007, Documentary)		
	25	25	25	CMT Shay: This Is It		Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.
	49	49	49	COM Just for Laughs		Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Fit-Conchords
	153	153	153	COURT Missing Link Visitors.		Navy SEALs: Untold Stories		Crime Files	Dumb Criminal	Struggle for Justice		Navy SEALs
	38	38	38	DISC Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Swamp Log.
	48	48	48	HGTV Extreme Makeover: Home		House Hunters	Property Virgin	Million Dollar Listing (N)		Bang, Buck	Genevieve	House Hunters
	46	46	46	HIST Ancient Behaving Badly		Ancient Discoveries		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients-Badly
	17	17	17	MM Secret Life of American Teen		America's Best Dance Crew		Degrassi: TNG	Degrassi: TNG	My Date With...	Love Court	At the Base
	19	19	19	MMM mmtop10.ca		The Daily Fix		Ranked!		Hammerline	Gimme Sugar	Entourage
	201	201	201	M1 Moscow Zero (2006, Suspense)				My Name Is Sarah (2007, Romance-Comedy)		Lakeview Terrace ** (2008, Suspense)		
	23	23	23	OLN XXI Winter Olympics Luge.		Angry Planet	Destination Truth	House/Payne	House/Payne	Operate-Repo	Operate-Repo	Ghost Hunters
	51	51	51	PEACH Friends	Name Is Earl	Family Guy	Family Guy	House/Payne	House/Payne	Law & Order: Special Victims		Biker Boyz *
	206	206	206	PIX (6:30) Owning Mahowny (2003, Drama)				(8:20) The Interrogation of Michael Crowe		Be Cool ** (2005, Comedy)		
	67	67	67	RDI RDI monde	RDI économie	24 Heures en 60 minutes (SC)		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie
	39	39	39	SHOW Trailer Park	Trailer Park	Relic Hunter		My Name Is Sarah (2007, Romance-Comedy)		Drop-Diva		
	40	40	40	SLICE What Happen?	Wedding SOS	Rich Bride Poor Bride		Party Mamas	Party Mamas	Wedding SOS		Wedding SOS
	47	47	47	SPACE Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager		Medium		Fringe
	14	14	14	SPIKE CSI: Crime Scene Investg.		UFC Unleashed		UFC Unleashed		UFC Unleashed (HDTV)		Blue Mountain
	98	98	98	STAR talk: Hedley	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		Dr. Oz Show
	21	21	21	TLC Say Yes-Dress	Say Yes-Dress	Little Couple	Little Couple	Cake Boss (HDTV)		19 Kids-Count	19 Kids-Count	Little Couple
	34	34	34	TROP End of Leash	Last 10	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash
	20	20	20	TV5 Que-champion	Journal de Fr2	Zoom animal		Decouvrir le monde		Parlir autrement		ADN
	28	28	28	V Just Cause		Murder, She Wrote		Hallelujah!	When I Laugh	Quantum Leap		Unscripted (N)
	97	97	97	VIVA Da Vinci's Inquest		Cold Case "The Key"		Missing A judge is blackmailed.		The Closer		Cold Case
	22	22	22	W House-Sell	House-Sell	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	Look Good
	251	251	251	WGN WGN Evening News		Two/Half Men	Family Guy	NBA Basketball New York Knicks at Chicago Bulls. (HDTV) (Live)				

critics' corner

The Good Wife
Alicia (Golden Globe winner Julianna Margulies) gets ready to defend a scientist accused of arson, but she is caught off guard when Peter's (Chris Noth) attorney (Joe Morton) asks her to testify sooner than she had expected on Peter's behalf. Christine Baranski, Josh Charles and Matt Czuchy also star in "Unprepared". Peter Riegert guest stars. 8 PM on CHIF; 11 PM on CBS



Rick Mercer Report
Skiing, skating and snowboarding aren't the only sports on TV this week. In this episode from October, Rick visits Niagara Falls to try out indoor sky diving. Yes, you read that right. Rush guitarist Alex Lifeson comes along for the ride and offers Rick a guitar lesson at his bar in Toronto. Later, Rick goes behind the scenes on Parliament Hill. 8 PM on CBC

Crazy for Love
Real-life star-crossed lovers are the subject of this series, which reveals that although we've come a long way in overcoming prejudice and embracing our differences, many people who choose a romantic partner who's different are still struggling for acceptance from their families. In this episode, Scottish Jenn and Guyanese Jeff deal with the differences in work ethic that they inherited from their respective parents. 11:30 PM on V

Bigelow coming to HBO

Academy Award nominee Kathryn Bigelow's next project will bring her to the small screen: The Hurt Locker director has been tapped to make an HBO pilot, *The Miraculous Year*, according to *The Hollywood Reporter*. **TVGUIDE.COM**



Jolie talks Haiti visit

CNN's Christiane Amanpour recently spoke to actress Angelina Jolie about her experiences in Haiti for her 30-minute interview show Amanpour. Here is Metro World News' exclusive excerpt from that interview.

Q In the two days you have been there what are your impressions?

A It is absolutely the most complex post-disaster situation I think anybody, whether government or U.N., has ever faced. But what is being done is extraordinary, and the Haitian people are so dignified. They're calm, they're helping themselves. They inspire me. I see many children with amputations who are smiling and strong and talking about their future. You realize that these people have suffered so much for so long that, in fact, they are so resilient. It's almost sad how used to struggling they are.

Q What motivated your visit?

A A few different things. I wanted to understand how the UNHCR could handle about 10 million internally displaced people.

Even before the earthquake three-quarters of the population had no education. There was no civil registry, meaning no birth certificates, no land certificates, no death certificates. So how exactly is everybody going to start to organize these people when even registering them is a new challenge that everybody's facing.

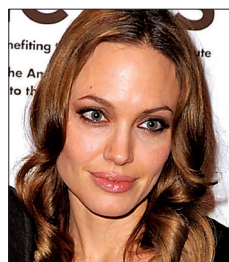
Q The head of UNICEF alerted us to be aware of trafficking. How best can we protect the children?

A Well, I think we

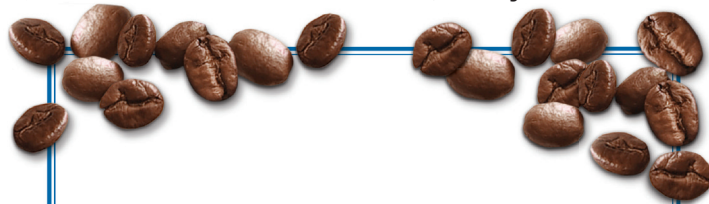
have to enforce the law and work with the government. I know there's a new child protection cluster that's formed that's doing everything they can to kind of coordinate. They're talking a lot about reunification. I talked to ICRC about this reunification programme, because that's the most important thing, to try to track everybody. But as we said, it's

very difficult without birth registrations. And for myself, as somebody who is an adoptive parent, I understand the urge to assist in that way, but now is not the time. An emergency is not the time for new adoptions anyway. I'm personally going to assist in-country organizations like SOS that, in fact, do raise orphans in country with widows.

BY CHRISTIANE AMANPOUR/CNN



Angelina Jolie



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Airline apologizes to not-so-silent Smith

Kevin Smith says he's "way fat," but that shouldn't stop him from flying.

The director and actor says a pilot ejected him from a Southwest Airlines flight from Oakland to Burbank, Calif., saying he didn't fit properly in a single seat.

Smith raised a stink about the incident on his Twitter page Sunday, saying "I'm way fat, but I'm not there just yet," and "If you look like me, you may be ejected from Southwest Air."

He posted a picture of himself sitting on the plane with his cheeks puffed out.

Southwest says its "Customer of Size" policy requires that travellers must be able to fit safely and comfortably in one seat or make other arrangements.

After a storm of angry online comments from Smith and his fans, the airline issued an apology first from its own Twitter account and later in a statement on its website titled *Not So Silent Bob*, a jovial jab at the Silent Bob character Smith plays in many of his films.

"We would like to echo our tweets and again offer our heartfelt apologies to you," the statement said.

"I'm way fat, but I'm not there just yet... If you look like me, you may be ejected from Southwest Air."

Director Kevin Smith



Director Kevin Smith raised a stink on his Twitter page about his ejection from a Southwest Airlines flight.

The airline said it also accommodated Smith on a later flight, gave him a \$100 voucher and apologized by phone.

Both Smith and the airline acknowledged that he had bought two seats for his original flight from Oakland, where he had spoken at the Macworld Expo conference.

But he was flying standby in order to catch an earlier flight, and only one was available.

Smith insisted that he was still able to put both armrests down and buckle his seat belt, which is Southwest's standard.

Smith is the director of the new Bruce Willis movie *Cop Out*, and previously directed the films *Clerks* and *Chasing Amy*.

THE ASSOCIATED PRESS

DVD picks

Law Abiding Citizen

Directors: F. Gary Gray

TAKE MOVIE vigilantism to its horrific extreme and the result is *Law Abiding Citizen*, a brutally effective and alarmingly cathartic combination of *Death Wish* and *Saw*.

You have to credit director F. Gary Gray (Friday) and screenwriter Kurt Wimmer (*Street Kings*) for recognizing the darkest instinct of vengeful vigilantes and their societal cheerleaders: They don't

just want bad guys imprisoned, they want them destroyed.

That's the psychological ledge Gerard Butler's Clyde Shelton is pushed out on, after he witnesses two men rape and murder his wife and young daughter in his own home.

Previously a believer in the justice system, this mild-mannered engineer suffers a psychotic reversal after showboating Philadelphia prosecutor Nick Rice (Jamie Foxx) cuts a deal with one of the killers. The main bad guy gets a re-



duced prison sentence in return for testifying against his oafish accomplice, who goes to Death Row.

The film becomes in-

creasingly implausible. Yet it maintains incredible momentum, thanks in no small part to strong performances by Butler and Foxx.

DVD extras include a commentary by producers Lucas Foster and Alan Siegel and several featurettes that explore the justice issues raised by the film.

Coco Before Chanel

Director: Anne Fontaine
THE CREATION of a defining style and the relentless

promotion of it are the hallmarks of all major talents, and fashion designer Coco Chanel seemed to understand this right from the cradle.

As seen in *Coco Before Chanel*, a movie of invention more than romance, the young French fashionista was creatively wielding her scissors and influence long before her name became synonymous with an iconic jacket, perfume and little black dress.

Anne Fontaine's impressively understated film is structured as a literal rags-

to-riches tale. It follows Chanel from her impoverished beginnings as an abandoned child raised by nuns up to her late 20s, and the start of her fashion empire in the early part of the last century.

But it's really a showcase of discovery, both of Chanel's ability to manifest her own destiny and of Audrey Tautou's uncanny ability to channel the designer's drive and resolve.

Extras include a commentary by Fontaine and several featurettes.

Peter Howell/for Metro Canada

Agent Jason Trawick took girlfriend Britney Spears to McDonald's for Valentine's Day, usmagazine.com reports. The couple was spotted at a drive thru in Los Angeles Sunday afternoon. **METRO NEWS SERVICES**

Celebrity Buzz

Follow these celebrities on Twitter...

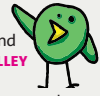
CelebTweets

MATTHEW PERRY wants to like figure skating and luge, **KIRSTIE ALLEY** doesn't have anything nice to say, and **BEN STILLER** doesn't like having his snapshots criticized.

@langfordperry Trying very hard to get into the winter olympics...

@kirstiealley back from the movies...won't comment on which one because it sucked and I don't want to speak ill of my profession.....what up?

@redhourben Surprised by the overwhelming negative response to



quality of the photo sent and assumption of intoxication.

Want art, Follow @Ansel Adams.

METRO WORLD NEWS

Murphy charity returns funds

ACCIDENTS HAPPEN... The Brittany Murphy Foundation, which is run by Murphy's husband, Simon Monjack and mother, Sharon Murphy, hadn't filed the necessary documents to qualify as a charity or nonprofit group and is now returning all the donations, popeater.com reports.

On Sunday, TMZ first reported that the foundation

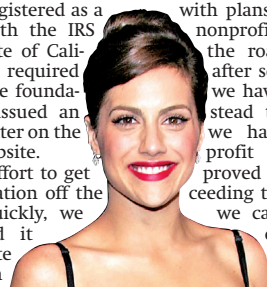
was not registered as a charity with the IRS or the state of California, as required by law. The foundation has issued an apology letter on the official website.

"In an effort to get the foundation off the ground quickly, we established it as a private foundation

with plans to apply for nonprofit status down the road. However, after some thought, we have decided instead to wait until we have our nonprofit status approved before proceeding to ensure that we can truly honour our Brittany's charitable desires.

"Any donations made up until this point will be returned until we have all our paperwork solidified," the letter reads.

Monjack had planned a charity gala for the launch of the Foundation earlier this month, charging \$1,000 per individual and \$10,000 for corporations to attend the event, but canceled the bash at the last minute. **METRO NEWS SERVICES**



Tiger gets a new toy

AND NO, IT'S NOT THAT KIND OF TOY Amid the scandals plaguing him and his marriage currently, Tiger Woods does have one thing he can reportedly look forward to: A new boat.

The 61-foot dive boat, christened Soli-

tude, was built over the last two years and cost \$1 million to \$2 million US, sources tell People magazine.

"(It's) a dive boat and was designed for Elin (Nordegren), who loves the sport," a source says.

METRO NEWS SERVICES



Gilliam says Cameron is hogging all the money

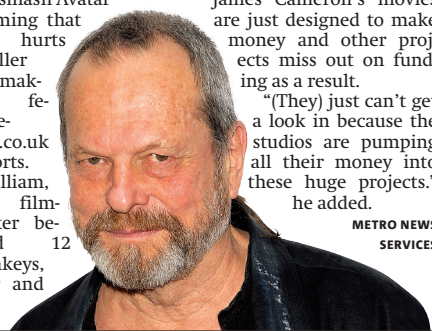
DAMN HIM FOR MAKING GOOD FILMS Terry Gilliam has criticized the box office smash Avatar claiming that it hurts smaller filmmakers, a male-first.co.uk reports.

Gilliam, the filmmaker behind 12 Monkeys, Fear and

Loathing in Las Vegas and The Imaginarium of Doctor Parnassus, claimed that James Cameron's movies are just designed to make money and other projects miss out on funding as a result.

"(They) just can't get a look in because the studios are pumping all their money into these huge projects," he added.

METRO NEWS SERVICES



Montag looking to get even bigger boobs done

I DON'T KNOW WHY SHE WANTS TO GET BIGGER. SHE'S ALREADY MARRIED TO THE BIGGEST BOOB Heidi Montag will be getting more plastic surgery — just not anytime soon, people.com reports.

"Eventually," she says, "for maintenance." The MTV star, who has been a lightning rod since undergoing 10 procedures in

one day, is thrilled with her new look, saying on the weekend that it was "the best decision I've ever made."

"My favorite part, I think one of them is my chin. I think that's what I was so excited about," Montag, said. "And I love my boobs but .. I didn't get them as big as I originally wanted." **METRO NEWS SERVICES**



No smoking dope at work

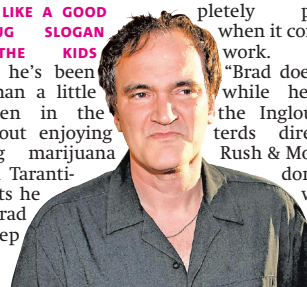
SOUNDS LIKE A GOOD ANTI-DRUG SLOGAN FOR THE KIDS

Though he's been more than a little outspoken in the past about enjoying smoking marijuana, Quentin Tarantino insists he and Brad Pitt keep things com-

pletely professional when it comes time to work.

"Brad doesn't smoke while he's acting," the Inglourious Basterds director tells Rush & Molloy. "And I don't smoke while I'm directing."

METRO NEWS SERVICES



etalk's Lainey Lui dishes out celeb dirt in three's



Three Talk with Lainey Lui
AVRIL LAVIGNE. When she was just 14, Avril Lavigne won a singing competition to perform with Shania Twain. Since then she has sold 30 million albums worldwide and is now at once a musician, a model, an actor, and a designer, and will be featured on the upcoming soundtrack for Tim Burton's Alice in Wonderland. The newly single artist will release her fourth album this year. Here are three things you might not know about Avril Lavigne:

ONE The designs for her "juniors lifestyle brand" Abbey Dawn are featured in an on-line videogame called Stardoll where users can dress up their favourite starlets in Avril's clothes.

TWO Lavigne had a small pink heart with the letter "D" tattooed on her right wrist to honour her now estranged husband Deryck Whibley.

THREE Lavigne and Whibley worked together on her new album which has been delayed reportedly due to divorce drama as Whibley is supposedly seeking spousal support and could block the release unless his terms are met.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games. **etalk**

Love-Hewitt wants to elope?

AFTERALL, GETTING LEFT AT THE ALTER IS NO FUN. A previous botched engagement has Jennifer Love Hewitt reportedly antsy about a big, flashy wedding to Jamie Kennedy, and the pair are thinking of slipping away together to get hitched in private, sources tell Hollywood Life.

METRO NEWS SERVICES



Z103.5, Mic Mac Aquatic Club and Quality Inn are giving away a dream wedding!

Our 10 qualifying couples have been chosen and Mic Mac Aquatic Club is hosting the final challenge on **Saturday February 20.**

The winning couple will be announced on **Monday February 22** during The Z103.5 Morning Show with Jeff, Nikki and Shane. This dream wedding includes fantastic prizes from:



BY CHOICE HOTELS



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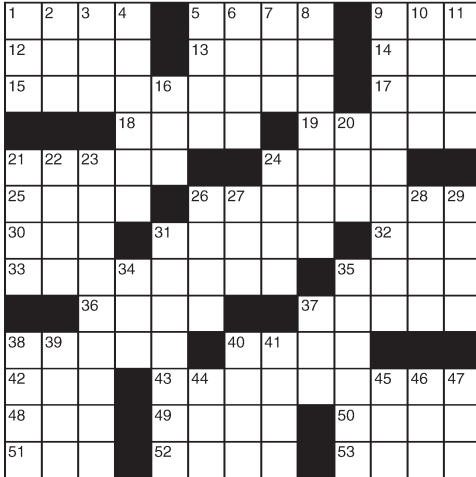
TRINITY JEWELLERS

ROCCOS RISTORANTE ITALIANO

tangerine SALON AND SPA



For more delicious Metro recipes, visit: metronews.ca/food

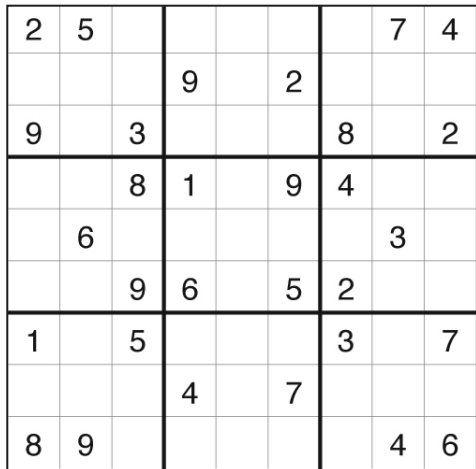


- 1 Office part-timer
5 Bedouin
9 Sheep's call
12 Operatic solo
13 Pop
14 "Well, — be!"
15
Overpublicizes
17 Prune
18 Tested the polygraph
19 Department store stats
21 Libreville's country
24 Easter flower
25 Addict
26 Goalpost part
30 Have a bug
31 Jack
32 Mentalist
Geller
33 Wild ducks
35 Tend texts
36 Tug
37 Punch-bowl accessory
38 Rise
40 Paraphernalia
42 Common
- Mkt.
43 India's movie industry
48 Cheerleader's cry
49 War god
50 Busy with and enjoying
51 Milwaukee product
52 Kelly or Hackman
53 Obtains
- Capone
21 Trans-Pacific stopping point
22 Largest of the seven
23 Complain
24 Privation
26 Bottle stopper
27 Disencumber
28 Seed coat
29 Ceremony
31 Purse
34 PC linkup system
35 Nocturnal insect
37 Minstrel's song
38 Antitoxins
39 Blue shade
40 Secluded valley
41 Otherwise
44 Raw rock
45 Indivisible
46 Mel of baseball lore
47 Two, in Tijuana
- DOWN**
1 Bill
2 Historic time
3 Wire measure
4 Wan quality
5 Arthur of tennis
6 Crucifix
7 Big bother
8 String musician
9 Melville hero
10 Lotion
additive
11 Swiss range
16 Yang counter-part
20 Capp and

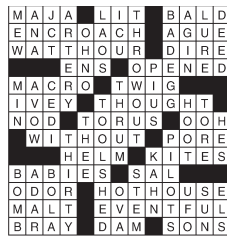
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	1	7	4	6	9	2	8	3
9	4	6	8	2	3	5	1	7
2	3	8	5	7	1	9	4	6
7	8	9	1	3	2	6	5	4
1	6	2	7	5	4	8	3	9
4	5	3	9	8	6	7	2	1
6	2	1	3	9	5	4	7	8
3	7	5	6	4	8	1	9	2
8	9	4	2	1	7	3	6	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Rice-stuffed Cornish Hens

INGREDIENTS:

- 5 1/2 cups (1,375 ml) water, divided
- 2 tsp (10 ml) chicken bouillon
- 1 1/2 tsp (12 ml) salt
- 3/4 cup (175 ml) wild rice
- 1 1/2 cups (375 ml) long grain rice
- 1 lb (500 g) pork sausage
- 1 1/2 cups (375 ml) chopped celery
- 3/4 cup (175 ml) chopped onion
- 6 Cornish hens
- 1 jar apricot preserves

METHOD:

- Boil 5 cups (1.25 l) water, bouillon and salt. Add wild rice; cover and simmer 20 minutes. Add long grain rice; cover and simmer 25-30 minutes longer or until water is absorbed.
- In large skillet, cook sausage, celery and onion over medium heat until

- meat is no longer pink; drain. Stir in rice mixture. Spoon 3/4 cup (175 ml) stuffing into each hen.
- Place remaining stuffing in greased 2-L baking dish; cover and set aside. Place hens on rack in shallow baking pan; tie drumsticks together. Bake, uncovered, at 350°F (180°C) 40 minutes.
 - In small pot, boil preserves and remaining water. Pour over hens. Bake 25-35 minutes longer, basting occasionally.
 - Place baking dish of stuffing in oven for last 35-40 minutes of hens' baking time.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20
You will be forced to admit today, if only to yourself, that an ambition you have cherished for many a year will never be realized.

LIBRA

SEPT 23-OCT 23
Don't over-dramatize situations that are difficult enough already. With Saturn transiting your sign you must strive to keep things simple.

TAURUS

APRIL 21-MAY 21
Something that has been developing slowly but surely for many months is about to pay off and the rewards are likely to be substantial.

SCORPIO

OCT 24-NOV 22
For some strange reason you seem to believe that your ideas are second rate, but if anything they are sharper and better than ever.

GEMINI

MAY 22-JUNE 21
Some people learn from their mistakes, others repeat them again and again. If you are one of the former then what happens next won't hurt you.

SAGITTARIUS

NOV 23-DEC 21
Your chances of getting ahead on your own will be limited over the next 24 hours, and you must choose between lowering your sights and teaming up.

CANCER

JUNE 22-JULY 22
The next 24 hours are going to be of huge importance to you. No matter how bad certain issues may get you must not throw in the towel.

CAPRICORN

DEC 22-JAN 20
There is an aura of invincibility around you and even people in positions of power will sense you are on unbeatable form and resist the temptation to interfere.

LEO

JULY 23-AUG 23
You rather enjoy getting rid of things that are outdated, but not everything that is old is useless and you would do well to remember that fact today.

AQUARIUS

JAN 21-FEB 18
You can sense that something is about to go out of your life but because you don't know what it is you fear the worst. There's no need. It's very much for the best.

VIRGO

AUG 24-SEPT 22
Certain things cannot be done because you don't have the resources to pursue them effectively.

PISCES

FEB 19-MARCH 20
If you feel yourself sinking into a negative mood today just take a look around you and see how fortunate you are compared to most other people.

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This day in history

1947: Canadians granted Canadian citizenship after 80 years of being British subjects. Prime Minister William Lyon Mackenzie King becomes the first Canadian citizen.

1957: The "Toddlers' Truce," a controversial television close down between 6 p.m. and 7 p.m. was abolished in the United Kingdom.

1959: Fidel Castro becomes Premier of Cuba after dictator Fulgencio Batista was overthrown on Jan. 1.

2005: The National Hockey League cancels the entire 2004-2005 regular season and playoffs, becoming the first major sports league in North America to do so over a labor dispute.

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*Taxes & other fees
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(including service charges): \$267



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